



THE LEADER

Vol. 38, No. 8

Grand Forks Air Force Base, N.D. ♦ www.grandforks.af.mil

Feb. 28, 2003

Ready for duty

ND Army National Guard members are out in full force, tackling the jobs they've been called up to do.

-- See Pages 12, 13



319th Air Refueling Wing ♦ Winners of the Air Force Outstanding Unit Award (July 2000 to June 2002)

Inside:

Weekend weather

Today 21/12 mostly cloudy
Saturday 19/-12 flurries
Sunday 04/-20 partly cloudy
Monday 05/-13 mostly cloudy



Weather information courtesy
319th Operations Support Squadron weather flight

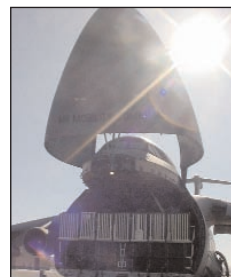
**'Good
Morning
America'**

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**Base helps
Dover battle
winter storm**

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**OSS, CES
clash in
title game**

Page 17



Special Interest



Above: Men and women of the 900th Expeditionary Air Refueling Squadron deployed from the base, gather in front of a KC-135R Stratotanker at Incirlik AB, Turkey. Flying missions enforcing the no-fly zone over northern Iraq, the air-to-air refueling team is part of more than 1,400 U.S., United Kingdom and Turkish forces that make up Operation Northern Watch.



Left: Aircrew and support troops from the 900th Expeditionary Air Refueling Squadron present Diane Sawyer a squadron patch during her visit to Incirlik AB, Turkey for an ABC Good Morning America show, Feb. 3. Sawyer met many of the airmen deployed from the base, during her coverage of Operation Northern Watch's mission to enforce the northern no-fly zone and monitor Iraqi compliance with U.N. Security Council resolutions.

Photos by Staff Sgt. Jason Gamble



Action Line 747-4522

The Action Line is your avenue for information about events and activities on and around the base.

For questions about current events or rumors, please leave a message.

33

DWI-free days

(For every 100 DWI-free days, the Wing receives a down day.)



Col. Keye Sabol
319th Air Refueling
Wing commander

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◆Deadlines

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◆Contact information

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◆Public Affairs

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◆Advertisements

Call the Grand Forks Herald at 701.780.1275 before noon Tuesday.

Air Force Assistance Fund campaign under way

AIR FORCE PERSONNEL CENTER -- The Air Force Assistance Fund "Commitment to Caring" campaign starts this week asking airmen to contribute to one or more of four Air Force-related charities through cash, check or payroll deduction.

The charities benefit active-duty, Reserve, Guard and retired Air Force people, surviving spouses, and families. Charities receive 100 percent of AFAF contributions. This is the 30th year of the fund drive.

"Requests for assistance are up more than 13 percent since Sept. 11, 2001 while the investments that fund 70 percent of our programs are down 20 percent," said Lt. Gen. (Ret.) Mike McGinty, Air Force Aid society's chief executive officer. "In 2002, we helped 34,000 people with \$24.1 million of assistance - that's a lot of help!"

Charities under the AFAF umbrella:

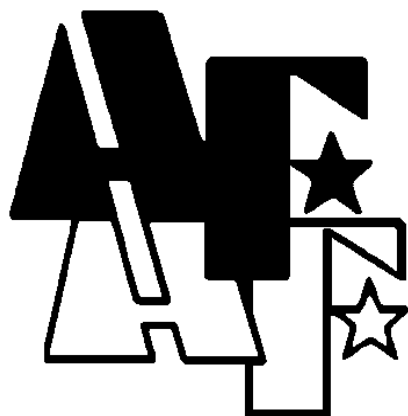
-- The Air Force Aid Society, the official charitable organization of the Air Force. It provides airmen and their families with worldwide emergency financial assistance, education assistance and an array of base

level community-enhancement programs. Local family support centers have full details on programs and eligibility requirements. Information is also available online at <http://www.afas.org>.

-- The Air Force Enlisted Foundation in Fort Walton Beach, Fla., near Eglin Air Force Base, providing rent subsidy and other support to indigent widows and widowers of retired enlisted people 55 and older. More information is available at <http://www.afenlistedwidows.org>.

-- The Air Force Village Indigent Widow's Fund in San Antonio, a life-care community for retired officers, spouses, widows or widowers and family members; includes indigent widows fund for widows and widowers of Air Force officers. The Air Force Villages Web site is at <http://www.airforcevillages.com>.

-- The General and Mrs. Curtis E. LeMay Foundation, providing rent and financial assistance to indigent widows and widowers of officers and enlisted people in their own homes and communities. The LeMay Foundation Web site is at <http://www.info@lemayfoundation.org>.



Contributions to the AFAF are tax deductible as an itemized federal deduction. For more information on the AFAF campaign, visit the Air Force Personnel Center's Voting and Fundraising web site at <http://www.afpc.randolph.af.mil/votefund>.

The Secretary and Chief of Staff of the Air Force announced a \$4.8 million goal for 2003. Last year Air Force people gave more than \$5.1 million.

Local installation project officers have information on local contribution procedures and goals. Bases will hold their campaigns sometime before May 9.

Base AFAF starts soon

The Grand Forks Air Force Base Air Force Assistance Fund campaign kicks off with a luncheon March 24 and runs through May 2. Look for more details and squadron contacts in upcoming issues of the LEADER.

For details call 1st Lt. Jeff Johns at 747-4346.

Grand Forks helps Dover battle record snowfall

By 1st Lt Rob Lazaro
319th ARW Public Affairs

Grand Forks Air Force Base assets united with the Dover Air Force Base manpower to clean up more than 31 inches of snow that fell on Dover over the President's Day holiday.

The snowfall total set records for the most snow in one day at 18.5 inches, most snow from one storm at 31.6 inches and most snowfall in one month at 36 inches.

The Dover Team had to overcome many obstacles to continue with the mission. The different squadrons handled each obstacle differently.

The 436th Aircraft Maintenance Squadron was focused on clearing snow from the parking apron and immediate areas around aircraft so aircraft maintenance could continue.

"That alone was a major task... especially with the 7-foot snowdrifts around the aircraft," said Chief Master Sgt. Dennis Miller, 436th AMXS superintendent. To be able to accomplish the clearing of the snow, The 436th AMXS has what's called a "Snow Ride-out Team." It consists of 15 - 20 maintenance technicians from both the active-duty and reserve wings here working 12-hour shifts until the storm is over. Many of those technicians spent their nights in the squadron after their shifts.

Another duty for the SRT was seeing to the troops in the dormitories. During the actual storm, AMXS members went over to the dorms and started knocking on

doors to ensure folks were okay and had enough essential supplies and food to get them through the storm.

Once the storm was over, the Dover Team had the difficult task of digging out of the snow and getting back to work.

"We gave everybody snow shovels to clear the snow around the maintenance equipment and aircraft," said Miller. "On Tuesday (Feb. 18), we had 110 squadron personnel, which included chiefs and officers, with shovels digging snow. Our booster club purchased pizza to feed everybody and this continued into the nightshift and for three more days."

These "shovel squads" also included almost 60 members from the 436th Mission Support Group, who helped on the active runway, clearing the taxi and landing lights by hand.

The runway was cleared allowing two C-5s arriving from Grand Forks to land loaded with a snowplow, two snow blowers, and four front-end loaders to help with the clean up. Along with the Grand Forks equipment, the 436th Civil Engineer Squadron had to contract out several pieces of heavy equipment, and rented Bobcats and small bucket loaders.

"We had 42 dump trucks removing the snow and dropping it off in the Landings Club parking lot," said Morra.

"I've been here at Dover for almost 30 years and this was the first time I saw the Dover Team pull together like this," said Morra. "It was everybody from the officers to the most junior airman out there shoveling snow standing side-by-side."



Photo by Master Sgt. Brian Cyrus

Staff Sgt. Melita Roseboom and Senior Airman Shane Looney both from the 319th Logistics Readiness Squadron load snow plows into a C-5 Galaxy heading for Dover Air Force Base, N.J. to help clear 36 inches of snow that blanketed the base on President's Day weekend.

"It was an excellent demonstration of the flexibility of airpower," said Col. Barbara Chine, 319th Mission Support Group commander. "Team Grand Forks for its quick response time to help and Team Dover for keeping its mission going despite the record snowfall."

Briefs

AMC award winner

The 319th Air Refueling Wing Manpower and Organization Office won Air Mobility Command Small Manpower Team of the year and will go on to compete at Air Force level.

School Board meeting

The Grand Forks AFB School Board meets at 5:30 p.m., Tuesday at Twining School. All are welcome to attend.

New AFPC Call Center

Did you know you can now get real-time help with personnel issues online, from anywhere in the world, thanks to new web features offered by AFPC.

The online features, located on the AFPC Home Page by clicking the Contact Center button, lets you view a database of frequently asked questions, chat live online with a customer service representative, or submit queries via e-mail.

You can get answers to questions about personnel information, pay, assignments, benefits, employment and more. In addition, agents can be reached at a toll-free number, (866) 229-7074, from 5 a.m. through 11 p.m. Central Standard Time, if you prefer to speak to someone directly.

First-time users of the contact center online are asked to create an account which will allow the customer service representatives to know who they are assisting and help speed the process.

These new features are to help all of us in these times of high deployments and ops tempo when we don't have the time or opportunity to go to the MPF for help.

PECI

Did you ever hear the phrase, "It takes money to make money?" The Air Force has heard it and has the PECI Program to prove it. The long title is, "The Air Force Productivity Enhancing Capital Investment Program," but PECI is easier. In fact, the whole concept is easy. PECI can provide up-front money to invest in new computers, modern facilities, better equipment, or almost any improvement that reaps a return on the investment.

The amount of money determines which of the two PECI programs is

used...Productivity Investment Fund for purchases over \$200,000 and the Fast Payback Capital Investment for purchases under \$200,000. Are there strings attached? Yes, a couple. Units that use working capital funds (like TWCF) can't use PECI. Also, an approved PECI project has to pay back the investment with manpower or operations and support costs savings in a set amount of time -- FASCAP in two years and PIF in four years.

Sound too good to be true? Well, new equipment or facilities just scratches the surface of the benefits of PECI. If the project saves more than the money invested, the unit keeps the extra dollars. The people that come up with the ideas for approved projects are eligible for SECDEF, Air Force, MAJCOM, and local awards. And, best of all, individuals who originate projects can take credit through the IDEA Program to get cash incentives.

What do you have to lose? Nothing. What do you have to gain? Unit recognition, awards, and cash incentives.

Got an idea for a PECI project? Contact your local PECI Analyst in the wing Manpower and Organization Office, 2nd Lt. Mike Marren 747-3255 or MAJCOM PECI Analyst at AMC headquarters, DSN 779-4234.

Twining auction

Would you like a gourmet meal cooked for you in your own home? Chef Kevin Ball, who has worked in some of the finest hotels and restaurants throughout central Ohio, will give you this opportunity.

Kevin has made TV appearances and has also been a guest chef at many fundraisers including "Taste the Future", the "Columbus Star Chef Auction," and the "Grand Chefs" charity event. Kevin has donated his special talent for one lucky auction bidder. Plan to attend the First Ever Twining Auction at March 14 in the Twining gym.

Viewing and bidding begins at 6 p.m. with staggered table closings throughout the evening. Everyone who has access to the base is welcome to attend.

For details call Jacque Davis at 594-3972, Debbie Kinlin at 594-9572, Linda Phillips at 594-9226 or Cappy Younker at 594-9448.

-- See BRIEFS, next Page

Practice safety when refueling

By Master Sgt. Richard Lien
Assistant fire chief

Have you ever seen someone fueling a vehicle while the motor was running? Or how about talking on a cellular phone while fueling a vehicle?

These are dangerous practices that could cost many lives if we don't get the word out.

The government's National Highway Traffic Safety Administration has recorded more than 30 fires in recent years when gasoline caps have been removed from vehicles at service stations. The suspected cause: static build-up.

Often, static build-up is a culprit. According to the Petroleum Equipment Institute, in the last two years, more than 150 refueling fires have been documented that appear to be caused by a discharge of static electricity.



Often times, this static build-up happens when fuel is being dispensed into a plastic gas container that is in the trunk of a car or bed of a pick-up truck with a plastic bed-liner.

Although none of these types of fires have occurred in North Dakota, Senior Master Sgt. Chris Weir, deputy base fire chief, said, "We can't be complacent."

Following are steps people can take to reduce the risk of fires at the pump.

- ▶ Turn your engine off.
- ▶ Don't smoke or use a cellular phone.
- ▶ Stay with the fuel nozzle and your vehicle during fueling.
- ▶ Touch a metal part of your vehicle while you exit.
- ▶ Place fuel containers on the ground when filling.

In the event of a fire or fuel spill, stop fueling, immediately alert others of the danger, have the attendant activate the emergency fuel shut-off

switch, and call the fire department at 911 from a safe phone.

For more details call the fire prevention office at 747-4174.



No static please

The Petroleum Equipment Institute is working on a campaign to inform people of fires as a result of static electricity at gas pumps. PEI researched 150 cases and found these results:

- Almost all cases involved the person getting back in the vehicle while pumping gas
- The gas vapors cause the fire, when connected with static charges
- 29 fires occurred when the vehicle was reentered and the nozzle was touched
- 17 fires occurred before, during or after the gas cap was removed and before fueling began

Never get back into the vehicle while filling it with gas. If you do get in your vehicle while the gas is pumping, be sure to close the door by touching the metal before pulling the nozzle out. This ensures the static is discharged.

For more details go to <http://www.pei.org>.

-- BRIEFS, From previous page Basic elements of fraud

The basic elements of fraud are:

Intent: Intentionally committing an act, which is inconsistent with law or regulation. It is usually clear to the offender of the activity what he/she is involved in is wrong or at the very least, of dubious legality. Basically, the offender knows the act is wrong.

Disguise: The true purpose of the scheme is disguised using a falsity or misrepresentation. The disguised employed by the perpetrator(s) may be either oral or written as is, indicated, or tied to the characteristics of the intent. The offenders try to conceal what they are doing.

Reliance: The perpetrator is able to reply on the victim's ignorance or carelessness. The idea of a "Sucker being born every minute!"

Victim action: The victim, unknowingly and voluntarily assists the perpetrator in completing his/her act. For example an employee claiming overtime, which he/she did not work, and the supervisor simply signing the time & Attendance sheets without verification.

Concealment: The offense is committed in a way not to be easily detected or arouse suspicion. For example, putting one false claim among many actual claims.

SFS family support group meeting

The 319th Security Forces Squadron Family Support

Group meets at 7 p.m., Wednesday in the community activity center. For details call 594-3349 or 594-3496

AMXS spouses group meeting

The 319th Aircraft Maintenance Squadron Spouse's Group meets at 7 p.m. Monday in the AMXS Knight AMU, Bldg. 629. If child care is needed, call Jeanette at 773-4016 or Natalie at 594-6400.

OSC/ESC scholarships

Officer and enlisted spouses club scholarships are available. Forms are available at the base education center and from high school guidance counselors. Applications must be post marked March 12. For details call Joe Chine at 594-2288.

Angel Awards

Take a moment to applaud our volunteers by nominating some one you know that gives freely of their time for the benefit of others. For details on the officer spouses club Sandy Turner Angel Awards, call Tamara Boots at 594-9203 or e-mail maraboos@earthlink.net.

Looking for a few good NCO's

Attention sharp NCO's interested in retraining, see the 319th Manpower Office. Selected individuals

would be part of a handpicked team. Their members are experienced in working with the highest levels of management and learn about every function in the Air Force through day-to-day association. Nearly every major CONUS and overseas Air Force base has a manpower and organization office, requiring enlisted personnel.

Manpower and organization work at these bases encompasses most "state of the art" computer and management techniques. The methods, techniques, and philosophies employed are accepted practices in leading industrial and business firms worldwide. Manpower and organization technical school is eight-weeks long and then let you gain practical experience at your first manpower assignment. For details call 2nd Lt. Cameron Jackson at 747- 3248.

OPSEC tip

Near-instant communication can boost morale, but some fear security leaks or dangerous distractions for U.S. airmen, soldiers and sailors at war. If loose lips can sink ships, Navy and Marine officials say, so can freely typing fingers - and much more quickly. "E-mails could be viewed by a thousand people, and one of them might be a bad guy," says Glenn Mayberry, the 2nd Marine Expeditionary Force family readiness officer at Camp Lejeune, N.C. Security concerns are as old as the tradition of troops communicating with home.

Family support center's mission expands to Guard

By Kris Jensen

Desert Shield and Desert Storm taught the base family support center how to do business in wartime.

Those lessons haven't been forgotten.

So now, the center is forming networks and setting up outreach to serve all the families in a three-state area and into Canada who are affected by activations and deployments.

During peacetime, the Department of Defense facility concentrates mainly on the base here along with the few recruiters and other branch active duty in the region.

But once a National Guard unit is activated, it moves from state control to federal, and the family support center comes into play.

What it does

The center is a compendium of resources for military members and their families. It focuses on support readiness by helping families and single military members adapt to the demands of Air Force life and helping commanders respond to concerns and issues. As the focal point for family matters, its staff of eight concentrates on these four core functions:

- Provide a central point of information, referral and follow-up.
- Coordinate and consult with other base and civilian service provider agencies to strengthen policy and programs that benefit the military community.
- Help base leaders effectively meet family needs at the unit level.
- Conduct family life education and skills.

"Our target population tends to be families," said center director Dr. Earl Beal. "The military members are taken care of, three squares and a cot. Now, that may seem blase, but our focus is the families.

"North Dakota is the No. 1 state in the nation as far as the number of activations per capita. That makes a big difference," he said. "Here's a real-life example: There was a guy who was activated who had to close his business. Or someone might be the only doc in town."

The family support center is the Department of Defense contact for families in a wide geographical sweep: east of Minot, all of Minnesota, the western portion of Wisconsin and any U.S. military in Manitoba.

The challenge isn't so much distance as it is making connections, Beal said.

"Our job is to stay connected to everyone in the hinterlands," he said.

Networks build quickly, Beal said, utilizing spouse volunteers such as Jolette Scheen in Carrington, N.D., for the 141st Combat Engineer Battalion, Army family support group centers and the invaluable county extension offices.

"They're everywhere, so they can get information out for us," he said. "They're a terrific resource."

During Desert Shield and Storm, Beal did a radio show throughout the state that allowed military families to call in with questions. The program, "Keep the Home Fires," provided information on a wide range of topics, too, he said.

Big new world

On a day-to-day basis, family support doesn't get a lot of questions about basic military life from active duty Air Force and their families. They're familiar with how to contact a deployed family member. They know about the commissary, the base exchange store, the self-help store, how to use the clinic and pharmacy. But this sometimes bewildering world with all its rules and benefits becomes available to National Guard families once the member is activated.

"Everything opens up to them now," said John Hanson, a life work consultant at the center. "They're just like everyone else who's active duty."

National Guard families have had plenty of questions, he said, and the center has the answers.

"A big one is financial," Hanson said. "They're making less money than prior to coming in, or maybe they're now making more money and have to get taxes in order. Or they're used to Mom or Dad being home every day, except for a weekend a month and two weeks in the summer. The career military are used to (long deployments) happening. A lot of it for them is fear of the unknown. The worst thing they can do is watch TV and see the news unfolding they hear the country their family member is in and they say, 'Oh no.'"

Open lines

Communication is one strong antidote for that fear, Hanson said.

"We sit down with families and talk about how we can help you. Emergency messages can go through the Red Cross," Hanson said, bringing a deployed servicemember

home more quickly than seems possible.

Beal said that a few days ago, a C-5 transport plane touched down briefly at the base here to allow an Army soldier just back from Kuwait to hop off and be whisked to Grand Forks International Airport to catch a flight home in a family emergency.

"The closest base was Grand Forks," Beal said. "He was here at noon, and we had him into Dover at 11 p.m."

The flight was paid for by the Air Force Aid Society, the official charity of the Air Force, but will be repaid by the Army Relief Society, Beal said. That's the kind of thing that's possible with outreach, communication and coordination.

For nonemergency communication, e-mail is a great friend when a spouse is deployed. Career military also have a calling program called "Hearts Apart" that allows them to call up to eight times a month, but that program so far doesn't extend to National Guard activations, Hanson said.

Instead, Hanson said, international and domestic phone cards are given to families.

"The VFW through Operation Uplink have been buying the phone cards, and VFW posts have been adopting Guard units," he said. "Some phone companies have given cards out, too."

Hanson said donations from businesses or individuals are best put toward the phone cards. "To me, that's the best thing," he said.

Reach out

Beal emphasized how important it is for Guard spouses who are left behind to make contact with their local Army support centers. "Those support groups are the way people interact best," he said. "We anticipate a proliferation of support groups; we had 20 in Desert Storm on this side of the valley. First, it's a point of contact, but after a while, it's social interaction."

Hanson, too, stressed that newly activated families do what career military families do: Ask the Family Support Center for help when they need it and get involved in a local support network.

"Go to your support group and know we're here at the Family Support Center to help out," Hanson said. "Career military takes it as everyday life, but for these people, it's going to be their life, too, for at least the next year."

(This article reprinted courtesy of The Grand Forks Herald)

It's **YOUR** Air Force
with your **IDEAS** we do things

- ♦ **FASTER**
- ♦ **BETTER**
- ♦ **CHEAPER**



For the latest news on
the **IDEA** program,
consult the Grand
Forks Air Force Base
IDEA analyst.
2nd Lt. Michael Marren
747-3255

SECAF, CSAF: War requires team effort

By Master Sgt. Rick Burnham
Air Force Print News

WASHINGTON -- Despite dramatic successes in recent armed conflicts, the Air Force would only present a portion of the forces brought to bear against Iraq, if indeed war is needed to disarm the forces of Saddam Hussein.

Winning such a conflict will require a team effort, said Secretary of the Air Force Dr. James G. Roche, bringing together the combined efforts of not only each of the nation's armed services, but reserve forces and their civilian employers as well.

The secretary's comments came Feb. 19 during an interview with correspondents from Washington-based radio station WTOP. Air Force Chief of Staff Gen. John P. Jumper joined him during the broadcast, which included questions from call-in listeners around the national capital region.

"Although we'll use airpower right off the bat," Roche said, "our armed services fight as a team."

Jumper agreed, adding that recent advancements in technology will pro-

duce some very significant results.

"We never fight alone," the general said. "It's a coordinated effort among all the services, and we certainly do our part. But we never pretend that it's all about airpower. We're going to go in there, if the President asks us to do this, with much more striking power than we've had in the past, certainly more than we saw in Desert Storm. I think you're going to be very surprised and pleased with what you see."

That improved striking power will require a powerful blend of airpower from a variety of different sources, Roche said.

"It's a combat air force, not just the Air Force," the secretary said. "It will also be naval air and Marine Corps aviation, so it's the combat air force of the United States. We will certainly do our best to fulfill what (U.S. Central Command Commander Gen. Tommy R. Franks) wants us to do as part of combat air force as an airpower."

Also, Jumper said, there are many requirements on the ground that an aircrew simply cannot accommodate.

"Nobody in an airplane is going to be

able to dig somebody out of a fox-hole," the general said. "You need the balance ... you need to be prepared to take whatever measures are required to obtain that objective."

And that includes measures by civilian employers, whose sacrifices in support of Guard and Reserve call-ups have become commonplace in recent years, particularly since Sept. 11, 2001. Jumper called those sacrifices an absolute key to the success of America's armed forces.

"We can't tell you how thankful we are for all the employers out there who let go of some of their best people to put on the uniform and come on active duty," he said. "You can't tell the difference (between active duty and Reserve) when you are out there."

It is all about the "total force concept," Roche said, a prescription for success when it comes to armed conflict.

"We have had a total force concept for some time that works very, very well," he said. "We can do things with our active force immediately and not have to rely on the Reserves or Guard, but if we start to do a lot then we very much do rely on the Guard and Reserves. But instead of them



Gen. John P. Jumper

having unique, niche roles, they do everything that the rest of the Air Force does, and so therefore they add to it."

For a complete transcript of the interview, go to http://www.issues.af.mil/speeches/SECAF_CSAF_WTOP.htm

5th Grader takes second in local essay contest

By Senior Airman Monte Volk
Public affairs

A Nathan Twining Elementary and Middle School 5th Grader took second place in the annual Greater Grand Forks SERTOMA Club Freedom Week Essay Contest Feb. 25.

Skylar Shaw, son of Lt. Col. Stuart, 319th Operations Support Squadron, and Penny Shaw, won a plaque, \$200 savings bond and a flag kit for his answer of "What Freedom Means to Me."

"The essays were judged on content, clarity of expressions and originality," said Andrew Gleich, SERTOMA Club president, during his opening remarks. "We've been doing this for nearly 30 years and the essays keep getting better."

The essay contest was open to all Greater Grand Forks area 5th Grade students and had two rules, the essays had to answer the topic and be between 200 and 400 words.

"You can always tell the essays written by military students," said one SERTOMA member. "They always have a different view of freedom ... and always seem to know the price."



SERTOMA is a not-for-profit international organization dedicated to "SERvice TO MAnkind", with 20,000 members in over 700 clubs across Canada, Mexico, Puerto Rico and the United States.

Every year SERTOMA clubs raise more than \$20 million for local community service projects. Through these projects, as well as grants and scholarships, SERTOMA clubs return those funds to their respective communities - and they have loads of fun doing it while building life-long friendships.

The purpose of the SERTOMA Foundation is to support SERTOMA's approved charitable and educational programs of our SERTOMA Family through effective fundraising, investment of funds and the distribution of proceeds. Through the financial support of SERTOMA's programs, we become the catalysts for greater human understanding and Service to Mankind.

The local SERTOMA Club, sponsors several annual events in the Greater Grand Forks area including a track meet, wrestling tournament, Fourth of July fireworks and Duck Derby, the Clarence Blecha award, the Service to Mankind Award and the Freedom Week Promotion.

-- See next page to read his essay



Photo by Senior Airman Monte Volk

Skylar Shaw reads his essay at the Greater Grand Forks SERTOMA Club meeting Tuesday. He placed second out of nearly 500 entrants.

What Freedom Means to Me

What freedom means to me is that I am free to be me, to grow up and express myself in a free country given to us along time ago. I will always have the right to chase my dreams and find happiness.

I have the freedom to live and sleep in a warm house with a roof over my head sleep in a cozy bed with my family in other rooms safe from any bad in the world. My family is privileged to have food in the house, running water for baths and to brush my teeth. We have the ability to get medical attention and medicine whenever we need to. We have a car to travel in and can go where and whenever we want. In some countries you are not allowed to travel outside of your country.

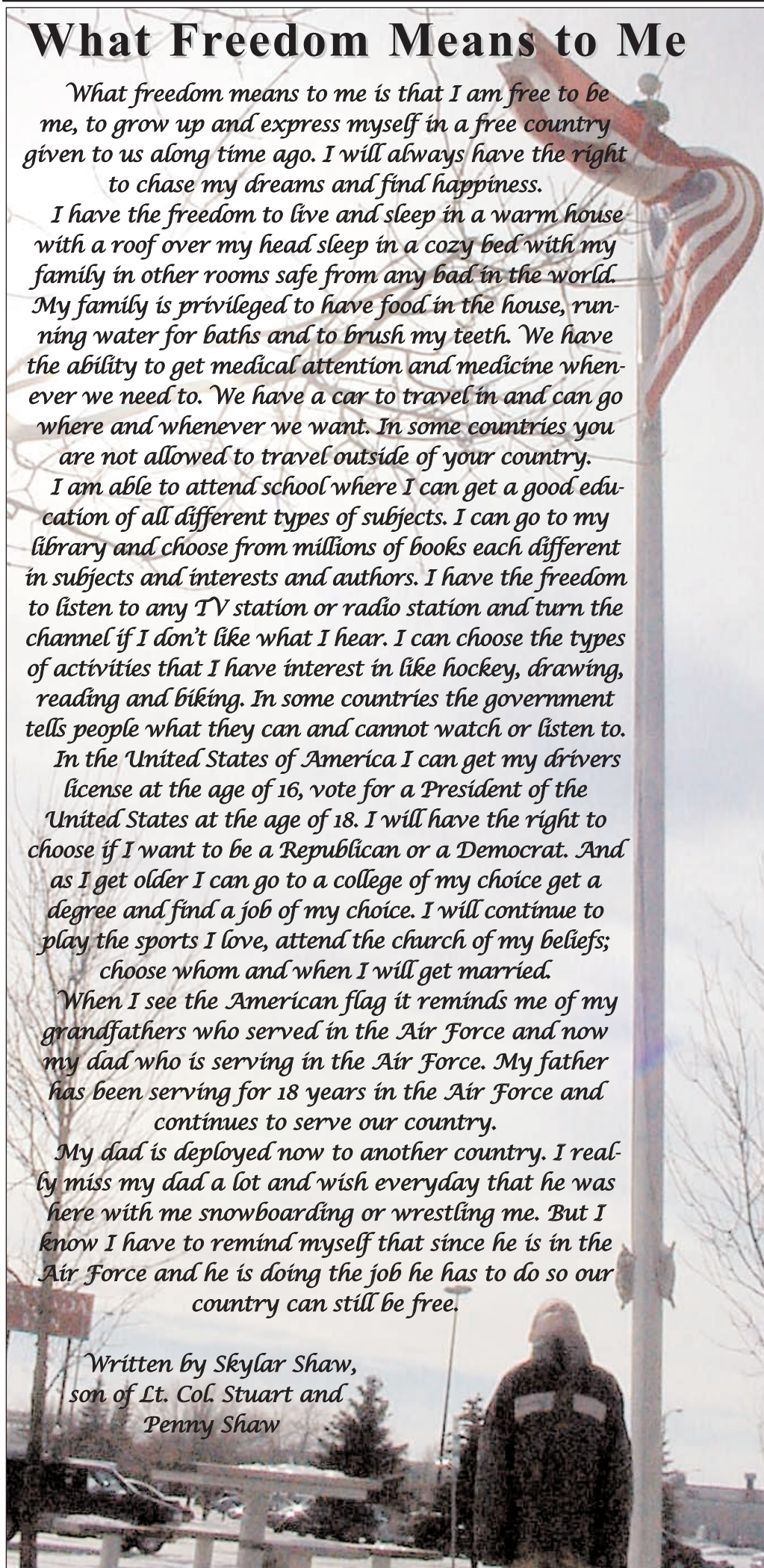
I am able to attend school where I can get a good education of all different types of subjects. I can go to my library and choose from millions of books each different in subjects and interests and authors. I have the freedom to listen to any TV station or radio station and turn the channel if I don't like what I hear. I can choose the types of activities that I have interest in like hockey, drawing, reading and biking. In some countries the government tells people what they can and cannot watch or listen to.

In the United States of America I can get my drivers license at the age of 16, vote for a President of the United States at the age of 18. I will have the right to choose if I want to be a Republican or a Democrat. And as I get older I can go to a college of my choice get a degree and find a job of my choice. I will continue to play the sports I love, attend the church of my beliefs; choose whom and when I will get married.

When I see the American flag it reminds me of my grandfathers who served in the Air Force and now my dad who is serving in the Air Force. My father has been serving for 18 years in the Air Force and continues to serve our country.

My dad is deployed now to another country. I really miss my dad a lot and wish everyday that he was here with me snowboarding or wrestling me. But I know I have to remind myself that since he is in the Air Force and he is doing the job he has to do so our country can still be free.

*Written by Skylar Shaw,
son of Lt. Col. Stuart and
Penny Shaw*



‘Pioneering the Future’ March is Women’s History Month

By Master Sgt. Gary S. Cleland

Military Equal Opportunity office superintendent

During the month of March, the base pays tribute to women in observance of Women’s History Month. The celebration, first observed by public law in 1987, recognizes the many accomplishments and achievements of women to American history.

The 2003 theme, “Women Pioneering the Future,” incorporates both pioneering women from U.S. history, who led and won struggles for equality and civil rights, created and advanced educational and professional opportunities, and made great contributions to the arts, sciences, and humanistic causes, and innovative women of today who further these efforts and continue to expand the frontiers of possibility for generations to come.

The National Women’s History Project chose 11 women who embody the pioneering spirit, each in their own way.

Rebecca Adamson (b. 1950) is a member of the Cherokee nation. She worked directly with grassroots tribal communities and as a national advocate of local tribal issues for over 25 years. She is the founder and president of First Nations Development Institute, a project that enables Native Americans and other indigenous peoples to become economically self-sufficient while maintaining their cultural values.

Rachel Carson (1907 – 1964) was one of America’s greatest nature writers, she published *Silent Spring* (1962) which focused international attention on controversial use of pesticides and became the foundation of the modern environmental movement, leading to the establishment of the Environmental Protection Agency.

Linda Chavez-Thompson (b. 1944) was the daughter of sharecroppers, and worked as an agricultural laborer before joining the labor union, eventually rising through the ranks of the AFL-CIO to become the first person of color, and the first woman, elected to be the Executive Vice-President of the AFL-CIO in 1995.

Mae C. Jemison (b. 1956) is currently the director of the Jemison Institute, an organization she founded to advance the use of technology in developing countries, she holds degrees in chemical engineering, Afro-American studies, and is a medical doctor, and, as a former astronaut, was the first woman of color in space.

Yuri Kochiyama (b. 1922) was interned in a Japanese relocation center during the Second World War. She moved to an ethnically diverse neighborhood in New York and began her life long campaign for social justice, focusing on building bridges between people of diverse cultural backgrounds.

Tania León is an internationally renowned musical composer and conductor who brings the influence of her Chinese, Nigerian, French, and Spanish ethnic background to her compositions. She is also highly regarded for her accomplishments as an educator and advisor to arts organizations.

Robin Roberts (b.1960) is one of the most versatile broadcast journalist of our time. Her ground-breaking and award-winning work in the field of sports commentary challenged long held assumptions about the authenticity of women as sports broadcasters.

Harilyn Rousso (b. 1946) has worked for over 20 years as an educator, social worker, psychotherapist and pioneering activist in the disability rights field, with an

emphasis on issues of women and girls with disabilities.

Margaret Chase Smith (1897 – 1995) was the first woman elected to both Congress and the Senate, serving 8 years in the House of Representatives and 24 in the US Senate. She courageously challenged Senator Joseph McCarthy’s brutal tactics and anti-communist crusade on the floor of the Senate on June 1, 1950, becoming the first senator to do so.

Wilma L. Vaught (b. 1930) is one of the most decorated military women in US history and the Air Force’s first female Brigadier General from the Comptroller career field. She was the driving force behind the building and dedication of the Women in Military Service for America Memorial in Washington, DC - honoring all military women from the American Revolutionary War through the present and future.

Rebecca Walker (b.1969)is founder of the Third Wave Direct Action Corporation, which is now the Third Wave Foundation, an organization empowering young women to be at the forefront of social change movements. As an author she gave voice to the struggle for self-identity of children of mixed cultural backgrounds.

American history is filled with women who have enriched and transformed our nation to the greatness it has achieved today. There are countless more who have not ventured into the spotlight, but who have quietly anchored the American family. Together, varied in culture, faith, aspirations and beliefs, these women have acted as keystones to our society. Their historical accomplishments can only inspire a sense of accomplishment from all those who know them—girls and women will be empowered by their stories; boys and men will gain increased respect. It is with utmost celebration that the base honor the women who will pioneer the future.

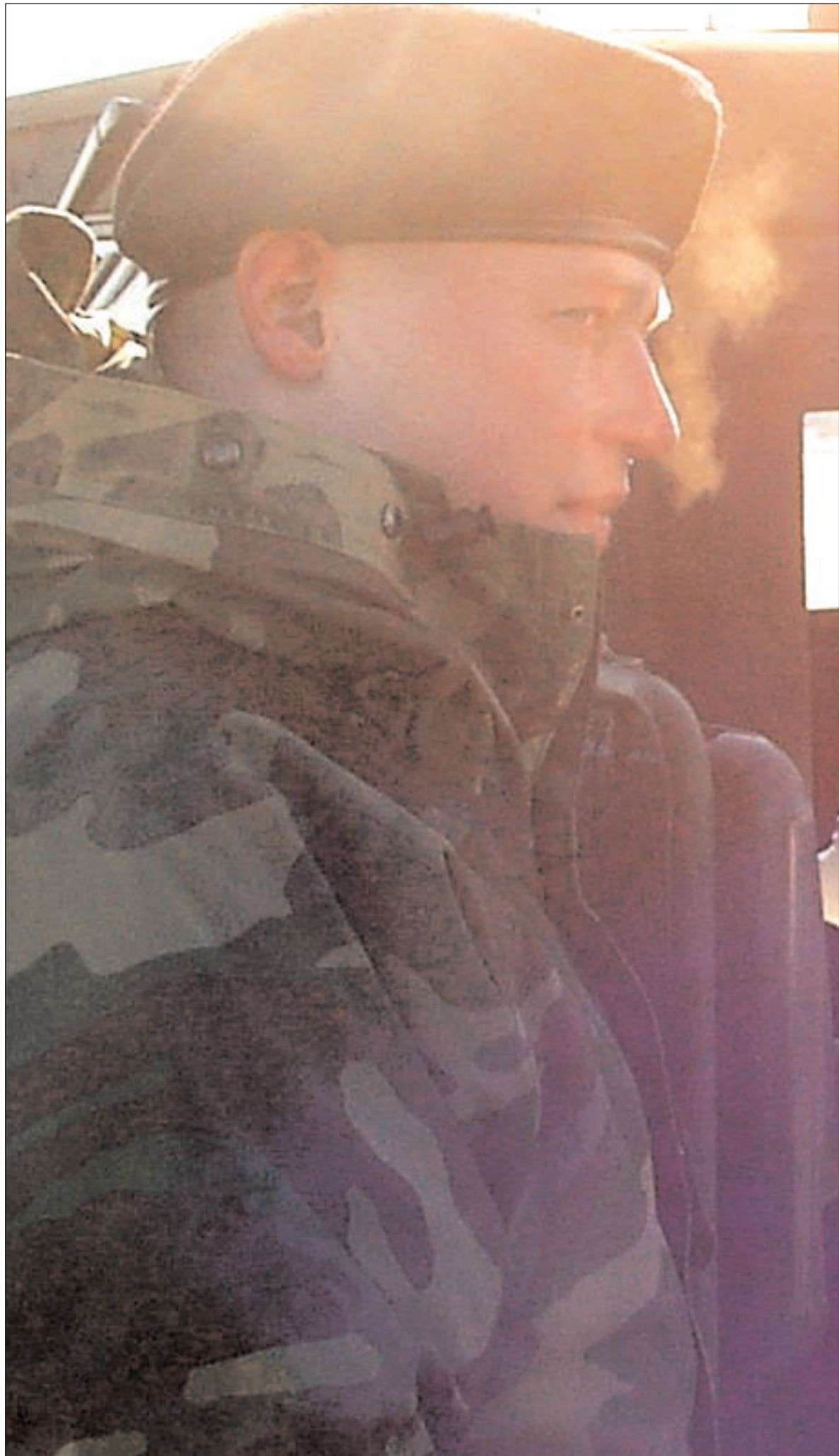


Photo by Staff Sgt. Scott T. Sturkol
Spc. Jerry Belile, North Dakota Army National Guard, takes a brief break while watching the flightline in bitter cold temperatures Monday.



Photo by Staff Sgt. Scott T. Sturkol
Pfc. Jesse Eversvik, a member of the 141st Combat Engineer Battalion of the North Dakota Army National Guard, works the main gate during his first day of security duty Monday. Eversvik and more than 50 others from his unit came to Grand Forks Air Force Base to supplement security forces in providing base security.

Ready for duty



Photo by 1st Lt. Robert Lazaro



Photo by Staff Sgt. Scott T. Sturkol
(Above) Pfc. Jon Beckstrand works the south base gate Monday. (Left) Col. Barbara Chine, 319th Mission Support Group commander, congratulates Spc. Nicole Gordon, North Dakota Army National Guard, upon her graduation from security training Feb. 14.



Photo by Staff Sgt. Scott T. Sturkol
North Dakota Army National Guard Staff Sgt. Richard Martin and Spec. Jerry Belile discuss their first full day of work on the flightline. When asked how their stay on base has gone so far, both said it's been "very good" and they've been treated well by their security forces counterparts.



Photo by Staff Sgt. Scott T. Sturkol
Sgt. Thomas Axtmann and Spc. Jerry Belile, North Dakota Army National Guard, keep a watchful eye over the flightline Monday afternoon.

Community



Photos by Senior Airman Monte Volk

E-I-E-I Oops!
Eielson Elementary School Second Graders performed a musical play entitled **E-I-E-I OOPS!** Feb. 20 in the school's lunchroom. The 30-minute skit had all the barn-yard animals searching for the cows' moo.

Heir Force

Steven Jacob Mahlman, 7 pounds, 4 ounces, was born Dec. 22 to Airman 1st Class Steven Michael and Tabitha Leigh Mahlman of 319th Mission Support Squadron.

Maximilian Kosciusko Bremer Jr., 8 pounds, 2 ounces, was born Dec. 23 to Capt. Maximilian Kosciusko and Tamsey Rachel Bremer of 905th Air Refueling Squadron.

Makayla Dawn Lewis, 7 pounds, 1.4 ounces, was born Jan. 3 to Senior Airman Mark and Tyna Marie Lewis of 319th Aeromedical Dental Squadron.

Kaylen Elizabeth Reid, 7 pounds, 3.7 ounces, was born Jan. 3 to Airman Jason Allen and Danielle Kay Reid of the 345th Training Squadron.

Jace Anthony Gardner, 6 pounds, 12 ounces, was born Jan. 8 to Staff Sgt. Jacob A. and Jennifer L. Gardner of 906th Air Refueling Squadron.

Natalia Skylar Burch, 7 pounds, 4 ounces, was born Jan. 12 to Staff Sgt. Ricky K. Burch II and Shaola Natalia Burch of 319th Comptroller Squadron.

Emma Katherine Berg, 9 pounds, was born Jan. 16 to Capt. Edward W. and Rebecca Ann Berg of 905th ARS.

Jackson Dylan Anderson, 7 pounds, 3 ounces, was born Jan. 18 to Airman 1st Class Tony and Alishia Anderson of 319th Maintenance Squadron.

Dylan Jacob Zender, 8 pounds, 4 ounces, was born Jan. 18 to 1st Lt. Jacob Thomas and Brenda Kay Zender of 319th Operations Support Squadron.

Alexis Nichole Anderson, 5 pounds, 9.9 ounces, was born Jan. 20 to Staff Sgt. Claude **Earnest Anderson Jr.**, of 319th MSS and Staff Sgt. Shaleika DeAnte' Anderson of 319th ADS.

Spencer Ray Olson, 10 pounds, was born Jan. 21 to Capt. Glen S. and Ann Jeanette Olson of 319th ADS.

Teegan Kay Renaud, 5 pounds, 12 ounces, was born Jan. 24 to Staff Sgt. Michael and Alison Renaud.

Brian Allen Smith, 8 pounds, was born Jan. 26 to Army Sgt. Brady A. and Emily Smith.

Ryan Nicholas Winkler, 8 pounds, 13.9 ounces, was born Jan. 27 to Staff Sgt. Scott Winkler and Staff Sgt. Nora Winkler of 319th Logistics Readiness Squadron.

Rebecca Elizabeth Nichols, 9 pounds, 1 ounce, was born Jan. 28 to Master Sgt. Scott and Doris Nichols of 51st Civil Engineer Squadron at Osan Air Base, Korea.

Eden S. LacQuay, 7 pounds, 4 ounces, was born Jan. 29 to Senior Airman James P. and Nichole M. LacQuay of 319th Security Forces Squadron.

Braeden Michael McDonald, 9 pounds, 10.4 ounces, was born Jan. 31 to Airman 1st Class Kristin and Jesse McDonald of 319th Medical Operations Squadron.

Community

Today

ICE FISHING & SKI TRIPS

Outdoor Recreation has an upcoming ice-fishing trip scheduled for Mar. 1. Cost is \$15 per person, \$25 couple, \$35 for a family up to four, (3-4, \$10 per additional family members). Departure will be from Outdoor Recreation at 7:00 a.m. and you will return mid-afternoon. Sign up at least one-day prior. Call 747-3688 for more information.

Join Outdoor Recreation every Saturday from now until the end of March on a Ski Trip! The next trips will be to: Buena Vista, Mar. 1; and Frost Fire, Mar. 8. Sign up at least one-day prior. Call 747-3688 to sign up, and/or for complete details.

ROLLER MOLAR SKATE

You are invited to the Youth Center and Dental Clinic's annual "Roller Molar Skate" tonight! Open to all ages, from 6:30 to 8:30 p.m. at Liberty Square. There will be drawings, door prizes, and if you bring in your old toothbrush you will receive a new one plus \$1 off of one skate admission. Admission is \$3 (\$2 with old toothbrush) and \$2 for skate rental. You may bring your own roller blades. For details call the Youth Center at 747-3150.

FRIDAYS AT LIBERTY SQUARE

Open Skating at Liberty Square tonight for ages 6-18 from 6 to 10 p.m. The cost is only \$3 for admission and \$2 for skate rental!

The Teen Center at Liberty Square will be open tonight for ages 13-18 from 6 to 11 p.m.

DANCING AT THE CLUB

Come out to the Club tonight from 10 p.m. to 3 a.m. and dance to 'Club Mix' music with "DJ 'C'."

Saturday

2003 HAWAIIAN OPEN & CHILI CONTEST

Come to the Plainsview Golf Course today for the annual Hawaiian Open. The tournament is a four-person scramble in the snow with a tennis ball – not a golf ball. Players do need to supply their own club, but a tennis ball will be provided. This year, we are adding a "chili contest", which will take place at noon. After the Chili Contest players will tee-off! Sign up at customer service at the Commissary. The Commissary will provide you ingredients for your chili up to \$10! The winner for the best chili will receive a

Commissary shopping spree of \$250. For Chili Contest information contact the Commissary 747-3083 or Services Marketing 747-3204 and for Hawaiian Open information contact Plainsview Golf Course 747-4279.

INDOOR SOCCER REGISTRATION

Today is the last day to sign up for the Youth Center's Indoor Soccer team! This is for ages 5 & up and requires a current physical. Cost is \$30 per child. Coaches are needed for all age groups! Contact the Youth Center for additional information, 747-3150.

KARAOKE AT THE CLUB

Come out to the Club tonight from 10 p.m. to 3 a.m. for Karaoke!

YOUTH GALAXY BOWLING

Saturdays at Dakota Lanes for ages 9 - 12 from 6 to 8 p.m. and ages 13 - 15 from 8 to 10 p.m. Cost is \$2.50/hour and .75 for shoe rental. Need 10 to hold; must sign up at the Youth Center to attend.

Sunday

SUPER SUNDAY BRUNCH

The Club is having Super Sunday Brunch today from 10:30 a.m. to 1:30 p.m.! Come and enjoy 2 meats, biscuits & gravy, eggs, fruit, waffles, omelets and more! Super Sunday Brunch is offered every first and third Sunday of the month. The following brunch will be on Mar. 16.

Tuesday

SOCCER MEETING

There is an Indoor Soccer parents meeting tonight at 5:30 p.m. at Liberty Square. Call 747-3429 for more details.

TOURNAMENT TUESDAYS

Come by the Youth Center to participate in Tournament Tuesdays! This activity is for ages 9 – 12 at 5:30 pm and 13 – 18 at 7 p.m. every Tuesday! The Tournament for today is "Chess & Checkers".

Wednesday

NORTHWEST SPORTSHOW

Outdoor Recreation is offering you a ride to the Northwest Sportshow at the Minneapolis Convention Center on Mar. 8! Departure is at 5 a.m. from Outdoor Recreation and you will be returning after Midnight the same day. Cost is \$25 per adult, and \$12.50 children under 12 accompanied by an adult, for transportation only. Please sign up by COB today at

Outdoor Recreation, 747-3688.

ND HUNTER EDUCATION & SAFETY

Outdoor Recreation will be offering a hunter's education and safety class today thru Mar. 8. The classes are required by law if you were born after December 31, 1961 and want to hunt in North Dakota. The course covers firearms safety, ethics, conservation, and North Dakota hunting laws. Times for the classes are 6 to 9 p.m. Wednesday through Friday and 8 a.m. to 2 p.m. Saturday.

This class is free but class size is limited; for dates and to sign up come by or call Outdoor Recreation, 747-3688.

Thursday

CROSS-COUNTRY LESSONS

Outdoor Recreation will be offering a free Cross-Country Ski lesson today from 6 to 7 p.m. Please come 15 minutes early to get fitted for equipment.

TEEN ONLY TOURNAMENT

The Youth Center is holding a foosball tournament today at Liberty Square at 8 p.m. for ages 13 – 18.

TEEN STUDY GROUP

Teen Study Group: every Thursday at the Youth Center for ages 13 – 18 from 7 to 8 p.m.

Upcoming

CROSS-COUNTRY SKI TRIP

Outdoor Recreation has a Cross-Country Ski Trip planned for Mar. 8 to Turtle River State Park, ND. Departure is at 10 a.m. from Outdoor Recreation and you will be returning same day, mid afternoon. Cost is \$15 per person, \$35 for family up to four (\$10 each additional member). Please sign up one-day prior, 747-3688.

YMCA CONTEST

A reminder that all YMCA Annual Essay Contest 2003 entries are due by Mar. 10! Please bring all entries to the Youth Center, 747-3150.

LIBERTY EAGLE QUILT

Join the Skills Development Center on Mar. 10 to make a Liberty Eagle Wall Quilt from 10 a.m. to 4 p.m. Cost is \$15 plus supplies. Pre-payment and pre-registration is required for all classes. Call 747-3482.

WINNIPEG SHOPPING TRIP

Outdoor Recreation wants to take you to Winnipeg, Manitoba for a day of shopping on Mar. 15! Spend the day enjoying

Winnipeg's varied shopping opportunities. We'll stop at The Forks where you can shop for gourmet delights, unique gifts and even antiques! Next it is off to Polo Park Mall with its 200 stores spread over two spacious levels. Departure is at 8 a.m. from Outdoor Recreation and you will return late the same evening. Cost is \$17.50 per adult and \$10 children 12 & under accompanied by an adult, transportation only. Please sign up by COB Mar. 12 at Outdoor Recreation, 747-3688.

GIVE PARENTS A BREAK

Upcoming "Give Parents a Break" dates are March 15 and April 12. Give Parents a Break provides eligible parents a few hours break from the stress of parenting. The Air Force Aid Society provides funding, making it possible for the Child Development Center to open and provide care for this special program. In order to take advantage of this program, families must be referred by one of the following base officials: Squadron Commander or First Sergeant, Chaplain, Doctor or medical professional, Family Advocacy personnel, Family Support Center personnel or Child Development Center personnel. Referred parents must make reservations the Wednesday prior. For details additional information contact the Child Development Center at 747-3042.

FAST EDDIE'S

Come try our new Smoothies in 5 delicious flavors: Tropical Fruit, Raspberry, Strawberry, Peach and Banana. Call us at 747-6201 for details.

TAKE TIME FOR YOURSELF AND RELAX!

The Community Activity Center now offers a new service... We have contracted a massage therapist who will be available Wednesday and Thursday evenings and Friday mornings. Fees are \$25 for a ½ hour session and \$50 for one hour session. To schedule an appointment contact the Community Activity Center at 747-6104

OUTDOOR RECREATION

-Mar. 15 – Spring Crow season begins
-Mar. 19 – Moose, Elk, Bighorn Sheep application deadline
-Apr. 1 – Smelt season opens, also 2003-2004 fishing licenses are now required
-Apr. 12 – Spring Turkey season opens

Ice Fishing Equipment: Let ODR supply all your ice-fishing needs. We have 2 & 4 – person Frabill portable ice shanties, 10" Jiffy ice augers, portable sunflower – type propane heaters and assorted ice fishing equipment.

Base theater

Today, 7 p.m.

A Guy Thing (PG-13)

The morning after his bachelor party, a man (Jason Lee) wakes up in bed with a strange woman (Julia Stiles), whom he presumes he slept with. He tries to hide his possible affair from his fiancée (Selma Blair), with wacky comic results.

Saturday, 7 p.m.

Kangaroo Jack (PG)

A musician (Anthony Anderson) and his childhood friend (Jerry O'Connell), a New York hair-stylist, get mixed up with the mob and must get to Australia to deliver \$100,000. Their will — and speed — is put to the test when a kangaroo runs off with the money.

Mar. 7, 7 p.m.

Darkness Falls (PG-13)

Kyle (Chaney Kley) returns to his hometown to help save his childhood sweetheart's (Emma Caulfield) little brother who is suffering from the same kind of horrible hallucinations he endured as a kid. The boy may be haunted by the ghost of Matilda Dixon, the original, kindly Tooth Fairy, who was wrongly hanged by an angry mob in the town of Darkness Falls 150 years ago, and has come back seeking vengeance.

Mar. 8, 7 p.m.

Narc (R)

Detroit police narcotics officer Nick Tellis (Jason Patric), a recovering drug addict, is assigned to investigate the murder of a young rookie cop and teams with the dead cop's partner, Lt. Henry Oak (Ray Liotta), who's out for blood. As Tellis gets closer to learning the truth, he discovers he may have been set up.

Mar. 9, 7 p.m.

Confessions of a Dangerous Mind (R)

Based upon the memoir of the same name, this darkly comical biography chronicles the life of Chuck Barris (Sam Rockwell), the man who created The Dating Game, The Gong Show, and The Newlywed Game and who claimed that he led a double life as an assassin for the CIA (it's never been proved one way or the other). The movie marks the directorial debut of George Clooney, who recruited a couple of his movie star friends (Drew Barrymore, who plays Barris' lover and occasional companion, and Julia Roberts, in a bit part as a mysterious spy) to help him.

Tickets: \$1.50 children, \$3 adults
For details, call 747-3021/6123.

Base chapel

CATHOLIC:

Mass: 5 p.m. Saturday, 9 a.m. Sunday.

Daily Mass: Tuesday - Friday 11:30 a.m.

Sunflower Chapel

CCD: 10:45 a.m. Sunday, Twining Elementary School, RCIA plus Confirmation

Reconciliation: 4 p.m. Saturday, 8:30 a.m.

Sunday, or by appointment, Sunflower Chapel

PROTESTANT:

Traditional worship: 10:30 a.m. Sunday, Sunflower Chapel.

Liturgical worship: 10:30 a.m. Sunday, Prairie Rose Chapel.

Contemporary worship: 6 p.m. Sunday, Prairie Rose Chapel

Young Adults: 6 p.m. Friday, Chaplain Swain's home 747-4359

Youth: 4 p.m. Sunday, meet at youth center

Religious Education: 9 a.m. Sunday, Eielson Elementary School.

Men of the Chapel: noon Monday, Prairie Rose conference room

JEWISH:

For details call Sheila Farquharson at 594-3960 or Synagogue B'nai Israel at 775-5124.

RUSSIAN/EASTERN ORTHODOX:

For details call Dr. Levitov 780-6540.

MUSLIM, BUDDHIST, OTHER:

For details call 747-5673.

Your health -- It's not just smart, it's your duty

By Col. Jon Pearse
90th Medical Group commander

F.E. WARREN AIR FORCE BASE, Wyo. (AFPN) -- Allow me to pass on my convictions on health, as a middle-aged male, a parent, a husband, a physician and as a commander. No matter what “hat” any one of us wears, we have an obligation to ourselves, to our loved ones, and as military members, to our country, to care for our health.

If you know it is important to change the oil in your car, then why is it so hard to believe that you have to take care of your body? Prevention and good health are the keys to the future and fall into three simple categories: diet, exercise and tobacco use.

Obesity is increasing alarmingly fast in the world, and America is leading the way. The typical “Western diet” is high in saturated fat and sugars. This toxic and high-calorie diet is the major cause of heart disease, diabetes and stroke. Combine this unhealthy diet with lack

of exercise, and one becomes a walking time bomb. Most health professionals consider 30 pounds over ideal body weight obesity. In 1991, only seven states had 15 percent or more of the population considered obese; by 2001, all but one had obesity rates over 15 percent.

The average human needs about 2,200 calories per day to remain active and healthy. Look on the wall of the next fast food restaurant you enter for the nutrition facts they post. The “super meal” well exceeds this, and has a fat content over four times the recommended amount.

I have fought the “battle of the bulge” nearly my entire life, and pushed the limits of the Air Force weight standards for most of my career. I never met a chip I didn't like, or a stalk of celery I particularly did! I have, though, learned how to eat a sensible low-fat diet.

I admit I was lucky. I met and married the queen of low-fat cooking, and it was easy to learn to live by it. And if

Commentary

I can, anyone can. Want to try? Call the health and wellness center and you

will kill three birds with one stone: you will feel better, be able to do more and you will greatly reduce your risk for the biggest killer diseases in this country.

Exercise is the most effective companion to smart eating in preventing the same diseases. It multiplies the effects of weight-loss programs immeasurably. The key to success in exercise is “start low, go slow.” Success is measured over time, and it's clear that those who set reasonable expectations and stay with it as a lifestyle change succeed, while those who overdo it initially get discouraged, even injured.

The time and place to exercise must be fixed, and an “immovable rock” on your daily routine. Look at your schedule. I will assure you there is an hour and a half, three times a week, that you have time to start an exercise program.

Finally, smoking is the “800-pound gorilla” of killers in our society.

Consider these tobacco facts: half a million deaths a year, \$50 billion in health care and \$47 billion in lost productivity last year. The cost to each American is about \$400 per year, regardless of age. That's about what a retired family pays to enroll in TRICARE Prime. The cost just to buy the cigarettes for a one-pack-a-day smoker is approximately \$912 a year. That's about one month's pay for a new airman.

Now for the good news. Sixty percent of smokers tried in some way to quit last year and more than 20 percent of those who tried were successful. Success goes up with repeated tries. Success really goes up when one participates in an organized program.

What is this about duty? I feel that optimizing your health is a duty to those who depend on you, to those you care about, and to the country you serve. It is this simple: a more productive, longer life can make a bigger difference.

(Courtesy of Air Force Space Command News Service)

Sports



Matt Wireman, 319th Operations Support Squadron, tries to shake a George Fowlkes, 319th Civil Engineer Squadron defender during the base intramural basketball championship game Tuesday at the fitness center. OSS was too much for CES as they went on to win 61-46.

OSS claims title

The championship squad holds their trophies after a tough season. It was the second straight year OSS made the championship.



Photos by Senior Airman Monte Volk

Terrill Clay, 319th OSS, goes up strong against the CES defense. CES made a run to start the second half, but it wasn't enough. OSS answered with their own run and sealed the victory.



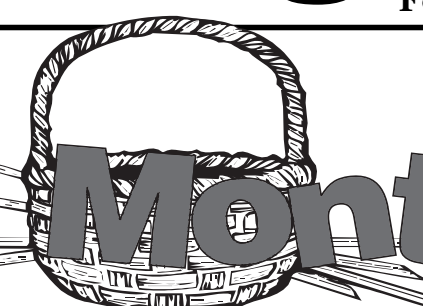
VOLUME 2 - ISSUE 2

PULL OUT
SECTION

'services spotlight'

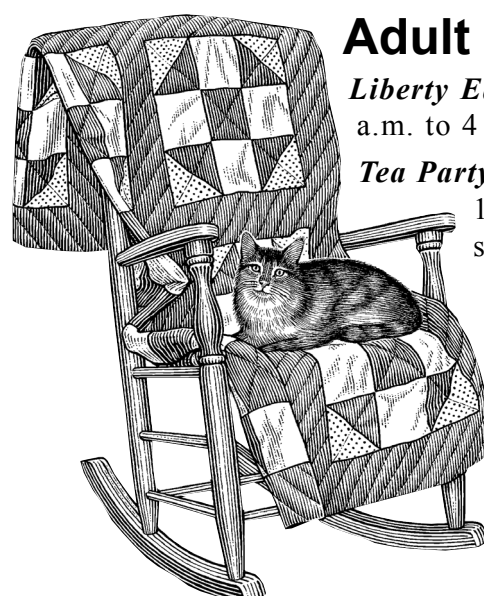
February 2003

MARCH IS . . . National Craft Month



Spring is in the air!

It's Craft Month - Skills Development Center has scheduled some great classes! There are classes for both adults and youth, come by and see what we have to offer!



Adult Classes

Liberty Eagle Wall Quilt - March 10 from 10 a.m. to 4 p.m. Cost is \$15 plus supplies.

Tea Party Pillow Workshop - March 12 from 10 a.m. to 3 p.m. Cost is \$7.50 plus supplies.

Frame Class - March 22 from 10 a.m. to 5 p.m. Cost is \$20 plus materials; need to bring in a picture to frame. After taking this class you will become certified to use the Skills Development Center's Frame Shop.

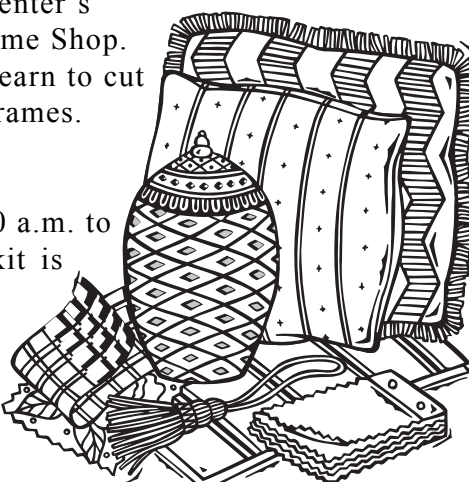
Participants will learn to cut mats, glass, moldings and assemble frames.

Kid's Classes

Sew a **CD Case** March 20 from 10 a.m. to 1 p.m. Cost is \$6 plus supplies or kit is available from instructor for \$5.

Youth can learn to sew a **Traveling Chalkboard** March 21 from 10 a.m. to 1 p.m. Cost is \$6 plus \$7.50 for supply kit.

Pre-registration and pre-payment is required for all classes.



Register for weekly door prizes!

Games for the kids!

Stop by and see what's new!

March 15 is . . .

National Quilt Day! - "Crazy About Quilts"

Crazy Quilt Workshop - From 10 a.m. to noon. Cost is \$7.50 plus supplies.

Crazy Quilt Sewing Accessories Workshop - From 1 to 4 p.m. Cost is \$7.50 plus supplies.

TAKE A LOOK INSIDE... for events and activities throughout March!

It's time for the 2003 Hawaiian Open! This year we've added a Chili Contest, winner will receive a \$250 commissary shopping spree. Come out tomorrow and have fun. Take a look on page 2 for details on both events.

Check out all the great activities at the Youth Center on page 2. Make a note, there will be a "Preteen" Mini Lock-in March 15 and the annual base Talent Show March 22.

Outdoor Recreation again has some great trips scheduled! Also, this will be the last month of the season to take advantage of their "Ski Express". Find all the details on page 3.

Finally, the newly named club - "Northern Lights Club" - has super specials this month. Take a look at their calendar on page 4.



www.gf-services.com

The 'services spotlight' is a monthly supplement to the Leader of Grand Forks Air Force Base, United States Air Force. The contents of the 'services spotlight' do not constitute endorsement by DOD, the Department of Air Force or the Grand Forks Herald. Everything advertised is available without regard to race, color, religion, sex or other non-merit factors of the purchaser, user or patron.

The 'services spotlight' is produced by the Marketing/Publicity Office, 319 SVS/SVK, 784 Eielson Street, Grand Forks AFB, North Dakota, 58205-6631.

319th Services Commander: Lt Col Clifford B. Fitts
Marketing Director: Stacey Pietron

Editor/Design: Christine Davis
Commercial Sponsorship Coordinator: Tara Carothers

Check-out March at the Youth Center!

Great programs and activities are offered

MONTHLY HIGHLIGHTS

Indoor Soccer Parents Meeting

There will be a parents meeting for indoor soccer at Liberty Square March 4 at 5:30 p.m.

Preteen Video Night

Join us for Saturday night videos March 8 for ages 6 - 12, from 7 to 9 p.m. at the Youth Center. You bring a dollar and we'll supply the popcorn.

Arts & Crafts Night

Get creative! The Youth Center will be having a night of arts and crafts March 12 for ages 6 - 12 at 5:30 p.m., ages 13 - 18 at 7:30 p.m. **FREE!**

Athletic Contests

Test your athletic talents! Come to the Youth Center March 26 at 5:30 p.m. for ages 9 - 12 and at 7:30 p.m. for ages 13 - 18. **FREE!**

Teen ONLY Tournaments!

Ages 13 - 18, 8 p.m. at Liberty Square
Foosball - March 7
Pool - March 21

State "Youth of the Year" Competition

The competition for "Youth of the Year" - at the state level - will be held March 29 in New Town, North Dakota.

"3 on 3" Basketball Tournament

Basketball! Want to play? Come to the Youth Center March 29 for a basketball tournament. This is for all, ages 9 - 12 play at 7 p.m. and ages 13 - 18 at 9 p.m.

WEEKLY NOTES

Mondays: "*Candy Bingo*" for ages 6 - 12 from 5:30 to 6:30 p.m. "*Torch Club Meeting*" for ages 11 - 13 from 6 to 7 p.m.

Tuesdays: "*Parent/Tot Playgroup*" at Liberty Square from 10 a.m. to noon, for ages 2 - 5 "*Tournament Tuesdays*" at the Youth Center for ages 9 - 12 at 5:30 p.m. and ages 13 - 18 at 7 p.m. March 4 - Chess & Checkers, March 11 - Ping Pong, March 18 - Pool, March 25 - Foosball.

Fridays: "*Open Skating*" for ages 6 - 18 at Liberty Square from 6 to 10 p.m. The Liberty

Square Teen Center is open from 6 to 11 p.m. "*TEENSupreme Meeting*" for ages 14 - 18 from 9 to 10 p.m. at Liberty Square TEEN Center. For any additional information contact the Youth Center at 747-3150.

Warming House Hours of Operation (*Weather Permitting*): **Monday - Thursday from 5 to 8 p.m.; Saturday from 4 to 10 p.m.; Friday, Sunday, Holidays - Closed**

Skate Rental \$1 from inside the Youth Center.

Note: Skating can be done at anytime as long as the ice rink is operational.



Essay Contest 2003
"Why You Like To Read!"
For youth and teens of uniformed services and DOD

Essays due by March 10 at the Youth Center or mailed to Armed Services YMCA

For details on contest, come by the Youth Center, 747-3150.

Base Talent Show

Saturday, March 22 at 7 pm
in the Community Center
Come support and enjoy our base talent!

For additional information, contact the Youth Center, 747-3150.

PRETEEN "MINI LOCK-IN!"

SATURDAY, MARCH 15
For ages 6 - 12, from 7 pm to 1 am

There will be tournaments, arts & crafts projects, karaoke, video/computer games, movies and open gym activities!

Cost is \$10, dinner and snacks included
Need 20 to hold and must sign up at the Youth Center by March 11 with a parent permission slip.

For more information or to sign up contact the Youth Center 747-3150

2003 Hawaiian Open & CHILI CONTEST

Saturday March 1



ENTRY FEE \$5
PER GOLFER

at the Plainsview Golf Course
Tee-off at 12:30, after the Chili Contest
Come dressed Hawaiian style!
Prize for the "Best Dressed"!

Tournament is a four-person scramble in the snow. Players must supply their clubs, but a tennis ball will be provided - used instead of a golf ball.

Come by the Plainsview Golf Course for details or call 747-4279

Chili Contest

Sign up at customer service at the commissary --- the Commissary will provide ingredients for chili up to \$10!

Sponsored by Our Local Commissary



No Federal endorsement of sponsor intended.

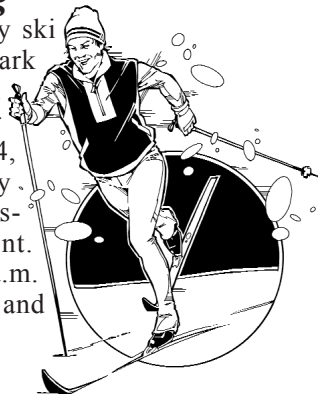
Prize for the best chili will be a \$250 Commissary shopping spree!

For information on the Chili Contest contact 747-3204 or 747-3083

Outdoor Recreation comes through with more great trips

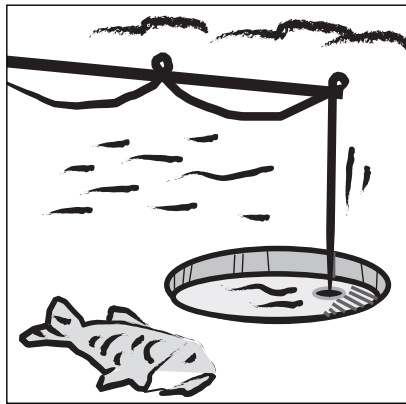
Cross-country Skiing

Enjoy this cross-country ski trip to Turtle River State Park with Outdoor Recreation March 8. Cost is \$10 per person, \$25 family (up to 4, \$10 for additional family members); includes transportation and equipment. Departure will be at 10 a.m. from Outdoor Recreation and will return the same day.



Northwest Sport Show

Attend this year's Northwest Sport Show at the Minneapolis Convention Center Saturday, March 8. This is the largest and most complete sport show in the upper Midwest – more than 600 exhibitors featuring new model boats, motors, fishing tackle, hunting gear, RVs, trucks, vans, ATVs, and much more. Hundreds of vacation travel booths, outfitters, guide services, and other outdoor products and services. Participate in the clinics on game preparation and cooking, fishing, hunting techniques and much more. Spectacular free features and informational seminars are offered. Departure will be 5 a.m. from Outdoor Recreation and return after midnight the same day. Cost for transportation is \$25 adult and children under 12 accompanied by an adult \$12.50. Sign up by March 5.



Ice Fishing

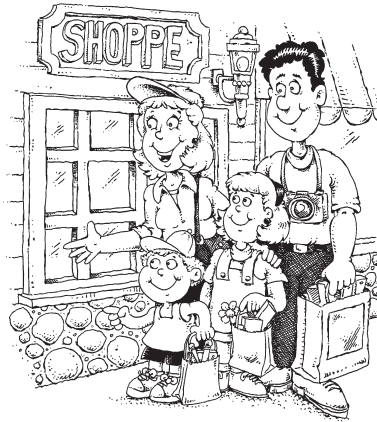
(Conditions permitting)

Come join us for our last ice fishing trips March 8

and 22! March can be an excellent month for ice fishing; pan fish begin pre-spawn feeding activity – wall-eye become more active during this month and aggressively pursue baitfish. Departure will be 7 a.m. from Outdoor Recreation and will return late the same afternoon. Cost is \$15 single, \$25 couple and \$35 family (3-4, \$10 for additional family members); includes transportation, shanty, auger, heater, bait, and tackle (if needed).

Winnipeg Shopping Trip

Spend an enjoyable Saturday in Winnipeg March 15! We will stop at "The Forks" where you can wander through Market Plaza and Johnston Terminal. Next, we will head to Polo Park with its 200 stores spread over two spacious levels. Polo Park features stores such as Sears, Talbot's, Harry Rosen, Bombay Co. and Daniadown Quilts. If time permits, we'll enjoy supper in Winnipeg before returning. Departure is at 8 a.m. from Outdoor Recreation and will return the same evening. Cost for transportation is \$17.50 per adult, \$10 children 12 and under accompanied by an adult. Sign up by March 12.



Design-a-Tour

Outdoor Recreation offers a popular service called, *Design-A-Tour*. If you don't see a trip that interests you - name the place and the date and we will help organize a trip. A group of a minimum of six people is needed.

season begins; March 19 – Moose, elk, and bighorn sheep application deadline; April 1 – Smelt season opens; April 1 – 2003-2004 fishing license required; April 12 – Spring turkey season opens

Ski Resort Information – There are six downhill ski resort areas within a 3½-hour drive of the base. All these offer reasonable rates for lift tickets, and the skiing is decent. Outdoor Recreation has information on these areas; we can tell you what they have to offer and how to get there. We also stay up-to-date on skiing conditions for resorts in North Dakota, Minnesota, Wisconsin, and Manitoba. All these resorts welcome snowboarders, and most feature terrain-park boarding; some areas have tubing runs. Additionally, groomed cross-country trails are available throughout much of Minnesota. Stop by and talk to us.

Skiing/Snowboarding Videos – We have a variety of instructional and entertainment videos for skiers and snowboarders. These videos address ability levels from beginner to expert. We also have two skier fitness videos for rent.

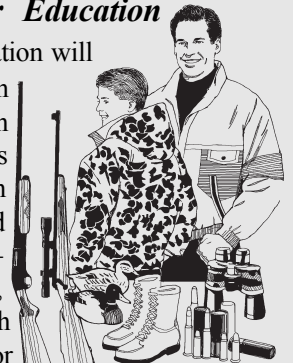
CLASSES

North Dakota Hunter Education and Safety

Outdoor Recreation will be offering a hunters education and safety class this month March 5 - 8. This class is required by law if you were born after December 31, 1961 and want to hunt in North Dakota – course covers firearms safety, ethics, conservation, and North Dakota hunting laws. Times for the class are 6 to 9 pm Wednesday through Friday and 8 am to 2 pm Saturday.

This class is free but class size is limited; for dates and to sign up come by or call Outdoor Recreation, 747-3688.

Cross-country Ski Lessons – Learn to cross-country ski! Outdoor Recreation is offering a FREE cross-country ski lesson Thursday, March 6 from 6 to 7 pm. Please come 15 minutes prior to start of lesson to get fitted for equipment.



Time is running out!

OUTDOOR RECREATION



2003 SKI EXPRESS SCHEDULE

March
 Buena Vista - Saturday, March 1
 Frost Fire - Saturday, March 8
 Buena Vista - Saturday, March 15
 Holiday Mountain - Saturday, March 22
 Frost Fire - Saturday, March 29
 Call 747-3688 for information on down hill ski, cross-country and snowboard rentals!

Outstanding services for our customers

Outdoor Recreation has information, services and equipment to offer. Here are just a few! For a complete listing of what is available come by Outdoor Recreation or pick up a brochure at one of the many 319th Services facilities.

Ice Fishing Equipment – Ice Fishing is GREAT FAMILY FUN! Let Outdoor Recreation supply all your ice fishing needs. We have two- and four-person Frabill portable ice shanties, 10" Jiffy ice augers, portable sunflower-type propane heaters and assorted ice fishing equipment. Come see us – we'll help get you started!

ND Fishing License – North Dakota Fishing Licenses are available at Outdoor Recreation.

- 2002 fishing season closes March 31
- 2003 season opens April 1

ND Outdoor Notables – March 15 – Spring crow

PRIZES! PRIZES! PRIZES!

STRIKE IT LUCKY!

at Dakota Lanes for a "9-Pin-No-Tap"

Saturday, March 15

at 8 pm

\$12 PER PERSON

For more information contact Dakota Lanes, 747-3050

Recent winners of Grand Forks AFB...

Comment Card Drawing

MSgt Charles Seaman of 319th CES accepts \$50 in Services Gift Certificates for his wife Pat Seaman. Pictured left to right Ken Beeck of First Command Financial, MSgt Seaman and 319th Services Commander Lt. Col. Fitts.



Congratulations!

Lt Col Clifford Fitts, 319 Services Commander, awards Tracy Fuller, spouse of MSgt Scott Fuller of the 319 MOS, with this year's Winter Bash Grand Prize.

Tracy's name was randomly drawn for the SatoTravel Package that included two Northwest Airline Tickets, \$200 car rental voucher and \$300 towards a SatoTravel vacation package. Thank you to Tracy and her family for participating in this year's Winter Bash!

Northern Lights Club
★ GRAND FORKS AFB

March 2003
747-3392

Evening Dining at the Frontier Grill
Wednesday, Thursday & Friday
5:30 to 8 pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Members First Visit our facilities to learn more!	Every club member receives \$2 off the dining menu & \$1 off lunch at The Club. Outdoor Recreation, Auto Skills Center, Skills Development Center, Dakota Lanes, Plainsview Golf Course & the Base Pool offer specials to Club Members.		WEDNESDAYS Evening Dining FREE DESSERT 5:30 to 8 pm	THURSDAYS Family Evening Dining Children's Menu 1/2 PRICE! 5:30 to 8 pm	FRIDAYS LATE NIGHT CLUB MIX 10 pm to 1 am!	1 The Sports Bar Saturdays 5 pm to 3 am
2 SUPER SUNDAY BRUNCH Today 10:30 am to 1:30 pm	3	4 Lunch: Chef's Choice*	5 Lunch: Italian Buffet*	6 Lunch: Beef tips*	7 Lunch: Fish & Shrimp FRIDAYS TGIF Social Hour 5 pm	8
9	10	11 Lunch: Chef's Choice* FREE Pool Tuesdays!	12 Lunch: German Buffet*	13 Lunch: Baked Chicken*	14 Lunch: Fish & Shrimp	15 SPECIAL Pre-St. Patrick's Day Celebration 6 pm
16 SUPER SUNDAY BRUNCH Today 10:30 am to 1:30 pm	17 Dining Room is closed for Lunch & Dinner Mondays	18 Lunch: Country Fried Steak* <small>*A La Carte lunch Tuesday-Friday from 11 am to 1 pm.</small>	19 Lunch: Mexican Buffet*	20 \$1 DAY Lunch: Meatloaf*	21 Lunch: Fish & Shrimp	22 Karaoke! Every Saturday 10 pm to 3 am
23	24	25 Lunch: Chef's Choice* Dining Room is closed for Dinner Tuesdays	26 TODAY Lunch: All-American Buffet* SPOUSES OF THE DEPLOYED Receive 20% off your evening DINNER	27 Lunch: Porkroast*	28 Lunch: Fish & Shrimp SPECIAL Mongolian BBQ 5:30 to 8 pm	
30	31					